

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

A321.9
R31
#62-7
copy 1

ARS 62-7

NUTRITION ACTIVITIES

of

**Agencies Represented on
the Interagency Committee
on Nutrition Education
and School Lunch**



**Issued for the Committee by
Agricultural Research Service
United States Department of Agriculture**

PREFACE

These brief descriptions of the activities in nutrition education and school lunch carried on by Federal and quasi-official agencies having programs in those fields were prepared to acquaint interested persons with the services that the agencies provide.

The pamphlet was compiled by the Interagency Committee on Nutrition Education and School Lunch, made up of these Federal agencies: In the Department of Agriculture -- the Food Distribution Division of the Agricultural Marketing Service; the Agricultural Research Service through its Institute of Home Economics; the Federal Extension Service; and the Foreign Agricultural Service. In the Department of Health, Education, and Welfare--the Children's Bureau; the Office of Education; and the Public Health Service. In the Department of the Interior -- the Bureau of Commercial Fisheries and the Bureau of Indian Affairs. In the Department of State--the International Cooperation Administration. Two other agencies are represented--the American National Red Cross and the North American Regional Office of the Food and Agriculture Organization of the United Nations.

Washington, D. C.

July 1958

CONTENTS

	Page
INTRODUCTION	1
DEPARTMENT OF AGRICULTURE	
Agricultural Marketing Service, Food Distribution Division	3
Agricultural Research Service, Institute of Home Economics	6
Federal Extension Service	8
Foreign Agricultural Service	10
DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE	
Children's Bureau	11
Office of Education	12
Public Health Service	14
DEPARTMENT OF THE INTERIOR	
Bureau of Commercial Fisheries	16
Bureau of Indian Affairs	17
DEPARTMENT OF STATE	
International Cooperation Administration	18
AMERICAN NATIONAL RED CROSS	20
FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS	22

INTRODUCTION

In the United States, many agencies working in different kinds of programs share responsibility for helping people use nutrition knowledge effectively. This sharing in the spread of nutrition information makes it possible for programs of nutrition education to reach more groups of persons than any one agency could serve. The diversity of programs in which nutrition education is recognized and promoted emphasizes its importance. The variety of methods used by the various agencies in helping to improve the nutrition of the segment of the population they serve strengthens the total effect of nutrition education.

It is recognized that there are wide gaps between nutrition knowledge and day-by-day food habits of people. Nutrition education programs are concerned with providing people with facts they need and stimulating them to put facts to work to improve dietary practice.

The Interagency Committee on Nutrition Education and School Lunch coordinates programs among Federal agencies. The goal of the Committee is to promote joint efforts among the several agencies that share responsibility for improving diets and nutritional well-being of people in homes, in institutions, in schools, and at work. To attain its goals the Committee's members who represent education, extension, research, public health, and other programs in the field of food and nutrition have outlined the following objectives toward which to direct their cooperative undertakings:

1. To promote an understanding of the food and nutrition activities of member agencies and of organizations having related programs.
2. To develop mutually acceptable goals toward which member agencies may direct their efforts.
3. To provide consultant services to nutrition committees, agencies, and organizations.

4. To suggest needed studies, research, and action to make nutrition education and related programs more effective.
5. To recommend and facilitate carrying out such projects as institutes, workshops, and preparation of materials.
6. To present a unified interpretation of nutrition education and related programs in the United States to individuals and groups, including visitors from other countries.

The Committee periodically reviews these areas of work to determine the problems needing concerted attention of member agencies and to select from them problems on which the Committee can most effectively work:

DEPARTMENT OF AGRICULTURE

Nutrition begins with food, the production and distribution of which is the major concern of the Department of Agriculture. A broad research program provides the basis for improving technology in producing, processing, and marketing foods. Included also in this research program are many lines of investigation bearing on the utilization of foods for human nutrition.

AGRICULTURAL MARKETING SERVICE

Food Distribution Division.--Within the U. S. Department of Agriculture, the Food Distribution Division of the Agricultural Marketing Service is responsible for the administration of programs involving Federal assistance to school feeding operations including the National School Lunch Program, the Special Milk Program, and Direct Distribution Programs. In the operation of these programs, Federal, State, and local groups share responsibility.

Through the National School Lunch Program important contributions are being made to the expansion and improvement of school food services. Since 1946, when the National School Lunch Act put the program on a permanent basis, its growth and progress have been continuous. In these years the number of children participating in the program has more than doubled and is increasing at a rate of approximately 10 percent each year. The program has promoted the acceptance of high standards for school feeding operations and has helped local communities operate the kind of lunch program that provides maximum benefit to children.

Under the National School Lunch Program participating schools receive the following types of food assistance for their programs: (1) Cash payments to be used, together with other funds available to the schools, for the local purchase of food, (2) food commodities which are purchased especially for the program or made available

from supplies acquired by the Department of Agriculture under market stabilization programs, and (3) technical assistance on food purchase and use, and on food management problems.

A Federal appropriation is provided annually to carry on the program. At least 75 percent of these funds must be apportioned among the States and Territories on the basis of the number of school children in the State and the need for assistance as indicated by the relation of the per capita income of the United States to the per capita income of the State. The funds are used to provide cash-for-food assistance to participating schools. The National School Lunch Act requires that these funds be matched by funds from sources within the States, and beginning July 1, 1955, matching requirement was increased to its maximum rate of \$3 from sources within the States for each Federal dollar.

State educational agencies play a very important role in the operation of the program. Under provisions of the National School Lunch Act, they are responsible for program administration within the State. It is the State educational agency that selects schools for participation, makes the cash payments to schools from funds advanced to them by the Department of Agriculture, and generally supervises lunchroom operations in the individual schools.

The local sponsor--a school board or school official--is responsible for operating the lunch program in the school. To be eligible to participate in the National School Lunch Program, each school must agree to meet three basic program requirements: (1) Operate its lunch program on a nonprofit basis, (2) serve meals meeting nutritional standards established by the Department of Agriculture, and (3) offer the lunch at a reduced price or free to children unable to pay the full price of the lunch.

Section 6 of the National School Lunch Act authorizes the Secretary of Agriculture to use a part of the funds appropriated to make direct purchases of food for the

program. Foods purchased under Section 6 are those that will help schools meet the established meal type standards and those that are good sources of some of the nutrients commonly lacking in children's diets. In recent years, such purchases have consisted mainly of protein-rich foods, vitamin A and C foods, and other processed fruits and vegetables.

Other foods acquired by the Department of Agriculture under its price support and surplus removal programs are also made available to participating schools. The food items available for distribution under this program vary from year to year primarily because of constantly changing production and marketing conditions. These surplus foods provide valuable supplemental assistance to schools in helping make possible the service of well-balanced and reasonably priced lunches.

School lunch technical assistance activities are directed toward assisting States to help schools make the best possible use of the USDA-donated foods and the cash assistance provided under the National School Lunch Act. The purpose is to translate the results of research in the field of nutrition, institutional management, and school feeding into practical program guides for State agencies and local school lunch managers and workers.

The work includes two general types of activities: (1) Advice and assistance to States in developing programs to improve technical phases of school lunch operations--with particular reference to improvement of the nutritional quality of meals served, and (2) development of informational materials on food use and management for use of school lunch workers in individual schools. An important phase of this technical assistance is the work undertaken with State educational agencies in planning and developing workshops and training programs for local school lunch workers.

Assistance is provided to States on the content and type of workshop programs best suited to problems and resources of States. Visual aids and other materials are developed for use in such workshops, and AMS

Division personnel--to the extent time permits--participate in State-sponsored workshops and training programs.

The Special Milk Program was started in September 1954 when the Department of Agriculture was authorized to use up to 50 million dollars of Commodity Credit Corporation funds for each of 2 years, to increase the consumption of fluid whole milk by children in schools of high school grade and under. In July 1956, Congress extended the program for 2 years with an annual authorized expenditure of 75 million dollars and extended the program to include nonprofit child-care institutions such as settlement houses, summer camps, and child-care centers.

This program is operated and administered by the same system as has been successfully used in the National School Lunch Program. Responsibility for operation of the program within States has been delegated by the Department of Agriculture to State agencies. Funds available under the program are advanced to the States and used to partially reimburse schools for milk served under the program. The reimbursement payments make it possible for schools and child-care institutions to offer milk at reduced prices and to establish new times of service.

AGRICULTURAL RESEARCH SERVICE

Institute of Home Economics.--A national research program in food and human nutrition is conducted by the Human Nutrition Research and the Household Economics Research Divisions. The research, conducted both independently and under cooperative and contract arrangements with Federal, State, and other agencies, deals with the utility and economy of foods for nutritional well-being.

Longtime studies of the composition and nutritive value of foods continue. These include both laboratory analyses and compilation of data from the literature. Tables of average composition of common present-day foods are published; they are revised and expanded as newer knowledge accumulates.

Studies of human requirements for food and nutrients include determinations of the digestibility of foods by humans under various dietary and physiological conditions, the metabolic behavior of persons of different ages and nutritional conditions on known diets, the energy expenditure of persons of different ages and body build during various physical activities and nutritional states, and the physiological response of laboratory animals (throughout the life span or successive generations) to different food combinations and levels of nutrients.

Research on food quality and use includes the development of better methods for preparing foods that are nutritionally or economically important, and devising techniques for evaluating quality and acceptability. In order to guide families with problems of home food preservation, studies are carried on to develop or improve methods of canning, freezing, and other types of preservation and to study the effect of these processes on the nutritive value and eating quality of the foods.

Estimates of the nutritive content of the national food supply are made periodically. Studies of family food consumption, food preparation practices, and menus made from time to time provide information on the distribution and use of the food supply among families and the effect of income, season, education, and other factors on the kinds and amounts of specific foods families consume and the nutritive content of their diets. Similar studies are made of the food served in institutions.

Studies of food eaten by individuals--men, women, and children--in different environmental, social, and economic situations further amplify current knowledge of what people eat and the adequacy of their food intake. Appraisals of the diets of individuals in relation to their nutritional condition and in relation to food and nutrient allowances recommended by nutritionists contribute to an understanding of the effect of diet on health.

Food guides for family and individual and related materials for the nutrition education of homemaker, youth,

and other consumers are developed from the combined findings of research on the nutritive values of food, nutritional requirements, food consumption levels, food use, and household management. These are available to agencies carrying on nutrition programs and to the public generally.

Technical assistance is provided to the National School Lunch Program on such problems as methods of evaluating the type of lunch recommended and the effect of school lunches on the diets and nutritional health of children. Assistance is also given in the preparation of materials on food management, including buying guides, recipes, and other information on food use.

Practical programs in nutrition education in the United States are facilitated by IHE through its Nutrition Programs Service, which furnishes coordinating and reporting services to the Interagency Committee on Nutrition Education and School Lunch. Upon request IHE makes consultant and informational services available to State, county, and city nutrition committees. Nutrition Committee News, a bimonthly periodical, serves as a medium of exchange of information about the activities and accomplishments of all nutrition committees, and highlights some of the problems to which workers in nutrition education and related fields need to give greater attention. Occasional national meetings for workers in nutrition education further increase understanding of nutrition problems, their underlying causes, and ways of working toward their solution and thereby serve as another means of communicating ideas that promote an effective and integrated nutrition program.

FEDERAL EXTENSION SERVICE

The Cooperative Extension Service is an out-of-school education service of the Department of Agriculture and the land-grant colleges and universities.

It helps provide farmers, homemakers, and youth with the latest research findings, technical advice, and successful

methods of farming and homemaking, thus providing background information needed to make day-to-day decisions and to be well-informed citizens.

Nutrition Programs.--Nutrition education is an important phase of the extension program. The goal of this work is well-fed and nutritionally fit people. Through the nutrition program, research findings and new information on foods and nutrition are made available to rural and urban families.

Nutrition education is a part of the home food supply program--especially in poultry and meat production, gardening, and dairying. It has been found that farm families who produce much of their own food have better diets than those who have to buy all that they eat.

Through the nutrition program of the Extension Service, home makers are taught to plan menus that meet the needs of the entire family, prepare good food and serve it attractively, spend the food dollar wisely, understand the food market, and preserve food by freezing, canning, and storing.

Local programs in foods and nutrition are planned co-operatively by rural people and the Extension staff. Emphasis varies from year to year as situations change. Sometimes it is important to stress increased use of milk or fruits and vegetables; another year more emphasis may be given to freezing foods, to planning the family diet, or to preparing adequate meals simply and quickly.

Approximately 2 million adults and nearly 1 million boys and girls are assisted each year by the Extension Service in improving their diets. In 1957 almost 1,350,000 received assistance in improving their family food supply by changes in food production and a similar number (1,650,000) were helped with food preservation problems.

Personnel.--To carry on this informal educational work, the Extension Service has a nationwide professional staff of approximately 90 State nutrition specialists and 4,000 county home demonstration agents constantly supplying rural people with information on foods and nutrition.

Since the extension program is one of helping people recognize and solve their problems, the 206,000 voluntary local leaders play a very important part in the food and nutrition program. After receiving training from State nutrition specialists and county home demonstration agents, they hold neighborhood meetings in their communities, serve as leaders of more than 90,600 4-H Clubs and 65,500 home demonstration clubs. They take the lead in making agreed-on improvements in homes and communities under the general guidance of the county extension agents. These leaders multiply many times the work of the extension personnel. Teaching by local leaders is one of the strong features of extension work.

Methods of Reaching People.--Bulletins and other information materials on nutrition, food preparation and preservation, and food buying are made available to the public by State and county Extension Services.

County extension agents use many methods for extending nutrition information, making wide use of radio and television. News stories based on research, written by specialists and agents, are adapted for use locally and in magazines.

4-H Club activities provide boys and girls with skills and knowledge in foods and nutrition.

Federal and State nutrition specialists give leadership to the nutrition program and help keep all extension workers currently informed on subject matter through continuous in-service training and through workshops, conferences, and special releases.

FOREIGN AGRICULTURAL SERVICE

The Foreign Training Division of the Foreign Agricultural Service serves in a liaison position between persons from other countries seeking information on the development and operation of programs designed to improve rural family living, and agencies and organizations in the United States conducting such programs.

Improvement of the diet through production, conservation, and distribution of a year-round food supply is of great interest to many countries of the world. The Foreign Agricultural Service assists representatives of cooperating countries in contacting appropriate agencies for information on nutrition education for persons both in school and out. Emphasis is placed on the development of interest in the field of nutrition education among both men and women leaders by providing opportunities for them to see nutrition education programs in action and to discuss results of these programs with farm families as well as professional leaders, and by making publications in this field available to them.

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

In the Department of Health, Education, and Welfare, the operating agencies that deal with health and education are concerned directly or indirectly with nutrition education and school lunch programs.

CHILDREN'S BUREAU

State health agencies that are providing services to mothers and children recognize that good nutrition is a cornerstone of maternal and child health. States have been able to do more to improve the nutritional status of mothers and children since 1936, when Congress appropriated funds to carry out the Social Security Act of 1935. This Act placed on the Children's Bureau responsibility for administering Federal grants-in-aid to States to enable them to strengthen and extend their health services to mothers and children, and to physically handicapped children.

Federal financial assistance has made it possible for States to augment local resources for maternal and child health services. Nearly all physicians, nurses, dentists, and other professional personnel engaged in maternal and child health work deal with nutrition as an

integral part of a well-rounded program. To assure that nutrition problems are dealt with adequately, State and local health agencies use some of their Federal grants-in-aid for the employment of nutritionists to serve as consultants to professional workers who care for mothers and children. According to a recent estimate, approximately 225 nutrition positions have been created in State health departments, as compared with some 10 or 12 before Federal grants were made available. Of these 225, about 20 give full time to consultation to hospitals and other institutions.

Federal funds from the Children's Bureau have been used by States to cover a large part of the cost of giving advanced training in public health nutrition in colleges and universities to nutritionists already in the employ of the State agency or to be employed on the completion of their training. Financial assistance and consultation have been given by the Children's Bureau to institutions of higher learning that are developing graduate programs for the special training of nutritionists.

The Nutrition Section of the Children's Bureau gives consultation through the Bureau's regional offices to State health agencies that are carrying on nutrition service as part of their maternal and child health programs. The Section also participates in preparation of popular bulletins and technical guide materials produced by the Children's Bureau.

OFFICE OF EDUCATION

The Office of Education is concerned with improving nutrition through education in the school and community. It works through State departments of education and with institutions engaged in preparing teachers for elementary, secondary, and adult teaching.

The general goals in nutrition education toward which the Office of Education is working are: Increased understanding on the part of children, youth, and adults of what constitutes an adequate diet and of the importance

of one's diet to health and well-being; appreciation of the cooperation needed to make food available to all people; wider use of the school lunch program as an educational instrument for improving the health of families in the community; and more extensive cooperation of whole school staffs in developing nutrition programs that affect everyday food practices of people of the community.

The Office recognizes that it is important to develop nutrition education in such a way that it becomes a vital part of the total program of education in the school and community. Each community needs to work on its own nutrition problems in ways that are most practical for the persons involved. As schools recognize the importance of nutrition education in their programs they find ways of attacking the problem through health education, home economics, agriculture, science, the school lunch, and throughout the elementary and secondary programs.

The Office of Education carries on its functions in the field of nutrition education and school lunches in a variety of ways. It gathers statistics, makes special studies, and diffuses information through publications, field services, and correspondence. Its staff participates in planning and developing programs of nutrition education through consultant service, workshops, summer schools, and conferences sponsored by State departments of education, local boards of education, colleges and universities, and State and national educational organizations. These services are given upon request of the agency sponsoring the activity.

The Office of Education strives to coordinate its activities relating to nutrition education and school lunch. Materials for publication and for conference participation prepared jointly by representatives of the various divisions are examples of coordinated activities. The representatives also work together to study developments in nutrition education and to plan ways to make more effective utilization of the services available by education specialists.

PUBLIC HEALTH SERVICE

The Public Health Service, the principal health agency of the Federal Government, carries on nutrition activities in all three of its operating Bureaus: The Bureau of State Services, the Bureau of Medical Services, and the National Institutes of Health.

The Bureau of State Services administers the cooperative Federal-State and Interstate health programs. Within this Bureau, nutrition consultation and field studies involving nutrition are activities of the Chronic Disease and Heart Disease Control Programs. Consultation is available through the Public Health Service regional offices to State and local health departments, other public and voluntary health agencies, professional associations, educational institutions, etc., with regard to the nutritional implications of heart disease, diabetes, aging, obesity, and other areas related to chronic disease.

The National Institutes of Health conduct scientific investigations in medical and related sciences and coordinate research activities of the Institutes with related programs elsewhere in the Service. A program of clinical and laboratory research is being conducted in the fields of nutrient requirements, dietary interrelations, intermediary metabolism, and energy and mineral metabolism, with special emphasis on the role of nutrition and dietary essentials in the metabolic diseases and the biochemical and metabolic abnormalities associated therewith. Studies also include the influence of the nervous system on nutrition and metabolism; studies of older people to determine the biochemical changes associated with aging and influences of diet thereon; the role of vitamins, antivitamins, and other antimetabolites in the growth of cancer tissue; the relationship of dietary fat to atherosclerosis and related conditions and the function of nutrients in the metabolism of normal and diseased brain tissue; the role of nutritional factors in liver diseases; and the interrelations of nutrition, dietary elements, and dental caries.

At the Clinical Center, part of the National Institutes of Health, dietitians are an integral part of research teams investigating metabolic and other diseases.

The Bureau of Medical Services has two Divisions concerned with nutrition and dietetics, the Division of Indian Health and the Division of Hospitals.

Nutrition and dietetic services are a part of the comprehensive medical care and preventive health service of the Division of Indian Health. Increased emphasis has been given to this aspect of the health program recently.

Many of the Indian patients admitted to the 55 hospitals in the United States and Alaska and seen in the 19 health centers and numerous health stations show evidences of poor nutritional practices. It is believed that these are the result of submarginal but well-established food habits developed over the years as a result of circumstances that limited the availability of food and knowledge about food and its relation to growth, development, and the maintenance of good health.

Public Health nutritionists work with physicians, nurses, medical social workers, dietitians, health educators, dentists, sanitarians, and others in preventive health activities involving nutrition. Their educational efforts and methods are designed to develop among the Indians the desire for nutritional practices that will help reduce the nutritional factors of some of the diseases and health handicaps that result from continued poor dietary practices. Coordination of the diet instruction in the hospital and nutrition instruction given through the preventive services in the field is one of the objectives of the educational activities. Recognition of the nutritive value of foods being currently used and encouragement of the addition of available foods that will help to improve the nutritional level of the diet is being emphasized, rather than the superimposing of dietary patterns of non-Indian culture upon Indians.

The Division of Hospitals has 16 institutions for the care of the sick and 25 outpatient clinics. In these

hospitals are dietitians who work closely with the hospital staff in the treatment of the patients through nutritionally adequate regular diets or modified diets, according to the specific illness. The dietitians in these hospitals are responsible for dietary instruction of the patients and from time to time work with the staff on special studies requiring therapeutic dietary regimen.

DEPARTMENT OF THE INTERIOR

BUREAU OF COMMERCIAL FISHERIES

Branch of Market Development.--A fishery educational and market development program is conducted to promote the free flow of domestically produced fishery products in commerce and to develop and increase markets for fishery products of domestic origin. Emphasis is placed on the nutritional values and economy of using fishery products in order to obtain the maximum use of this natural resource and improve the nutritional standards of the consumer.

Consumers are given practical knowledge of fishery products and their use by: Fish cookery demonstrations; developing, testing, distributing new or improved recipes for fish and shellfish; preparing and distributing food press releases; preparing and publishing fishery leaflets, consumer education material, and research reports; producing fishery educational motion pictures and other visual aids; conducting special market promotion programs to relieve the surplus of certain varieties of fish; informing industry and consumers of new and improved methods of production, distribution, and preparation through a consulting service; and encouraging greater distribution of fishery products through frozen-food centers.

Branch of Technology.--Activities deal with the development and dissemination of information on methods of handling, utilizing, and preserving fishery products; studies on problems of plant sanitation and operation; preparing Voluntary Industry Quality Standards and

Federal Specifications for fishery products; determination of nutritive value of fishery products; and advisory and consulting services on all phases of fishery technology for producers and consumers.

These activities of the Bureau of Commercial Fisheries are carried on at the Washington Office and in the Field Laboratories and Test Kitchens located at College Park, Maryland; East Boston, Massachusetts; Pascagoula, Mississippi; Seattle, Washington; and Ketchikan, Alaska.

BUREAU OF INDIAN AFFAIRS

The Bureau of Indian Affairs operates under an annual appropriation from Congress and is responsible for the education and welfare of Indians who still have a Federal trust relationship.

Nutrition is a major problem with many Indians because of widespread poverty, lack of knowledge of fundamental nutrition requirements, and cultural taboos.

Emphasis in the Food and Nutrition Service to Indians is conducted principally through the Bureau Branches of Education and Land Operations. The Branch of Education provides nutrition education through schools and through adult classes. Emphasis is placed on the study of nutrition, and application is made in schools through the meals served. The study of nutrition is provided in classes in academic subjects, home economics, physical education, and agriculture, and through guidance in dormitory living. In boarding schools nutrition principles are applied through the service of three meals daily; in reservation day schools a noon meal, the equivalent of dinner, is served.

State and Bureau Extension Field Agents work with individual families and groups in the development of farm and home plans and projects that will provide for production and conservation of an adequate food supply to meet family needs.

Emphasis is directed toward understanding the relation of food to health, the importance of an adequate diet, the establishment of good food habits, and the importance of proper preparation and use of food. Technical staffs translate scientific findings in the foods and nutrition field to a basis of understanding within the experiences and abilities of the Indian people.

The 4-H Club activities provide boys and girls with skills and knowledge in foods and nutrition.

Every year workshops are conducted by personnel of the Branch of Education in which problems of nutrition along with other problems of Indian life are studied. Techniques and materials for dealing with these problems are developed. At these workshops technicians from educational institutions and other agencies participate as consultants.

The Bureau of Indian Affairs cooperates with all other agencies and organizations to develop and carry out a sound nutritional program.

DEPARTMENT OF STATE

INTERNATIONAL COOPERATION ADMINISTRATION

The International Cooperation Administration, as a semi-autonomous agency of the Department of State, is seeking to raise the standard of living in cooperating countries of the world. Improvement of nutrition for all people plays an important role in meeting this aim. In general, ICA, through its technical assistance program, is attempting to work with governments to help families develop an understanding of their dietary needs, to produce food that can be grown under prevailing climatic conditions, and to conserve in a practical manner sufficient of the seasonal surplus to provide a good year-round diet.

Programs in each country are based on and implemented by studies of the area which are available through the

Food and Agriculture Organization of the United Nations and/or other organizations, groups, or individuals who have undertaken such an analysis. When needs are known and possible supplementary foods are investigated, a simple and easily comprehended educational program is inaugurated. This is carried out through such agencies as the extension service, schools, and departments of public health and social welfare. As a part of the plan for raising the nutritional level in less-developed countries the U. S. Government has provided surplus commodities for school lunches in certain areas where such programs will serve as demonstrations. Thus ICA is putting great emphasis on countrywide nutrition education programs and is interested in working in cooperation with nations which are prepared for undertaking adequate lunch programs.

Efforts are being made to improve nutrition standards through the education of people both in school and out. American advisers in home economics, agriculture, health, and social welfare are working at the request of governments to give help to national leaders in promoting this program. Such help may consist in the actual teaching of principles of nutrition, in training in methods of work, in program planning, or in development of teaching and informational materials. The basis on which such work is built is, where possible, those scientific studies that have already been made within the countries or in the immediate region. Chief sources of such material are the FAO food consumption surveys and dietary studies.

Nutrition studies are not available in all countries; in this case home economists assist nationals who know food habits and resources in working out simple plans for producing more and needed food and for introducing new foods into the diet. Where climatic conditions do not permit a year-round garden, plans usually include some instruction in practical food conservation.

According to Title II, Public Law 480, the Agricultural Trade, Development, Assistance Act of 1954, surplus commodities may be used as demonstrations to assist

governments in improving or extending school lunch programs. ICA obtains food, in accordance with Title II, from USDA stocks and contracts with country governments to develop adequate programs for school lunches. These programs must meet certain nutritional requisites before the food can be obtained. At present several pilot projects have been worked out and accepted. In order for such contracts to be consummated the country desiring the program must agree that although a maximum contribution is made by the United States for the first year, this contribution is gradually reduced until the total program is supported by the participating country.

It will be noted that the International Cooperation Administration is working in cooperation with the governments to improve economic and social welfare in all fundamental aspects.

AMERICAN NATIONAL RED CROSS

The American National Red Cross is a quasi-governmental organization operated under a congressional charter. It is supported by voluntary contributions.

Nearly all Red Cross services are concerned either directly or indirectly with some aspect of food, feeding, and nutrition.

A food and nutrition consultant is maintained at national headquarters to give professional and technical guidance to the staff at the national and area offices on food and nutrition phases of the service programs and to assist in the preparation of technical manuals, training aids and guides, and popular materials produced by the Red Cross.

Some chapters have a program to help with the food and nutrition phases of the various chapter activities. A few extend their services to the community on request to help other agencies, groups, or individuals with food and

nutrition problems. Such activities are undertaken only when it has been determined that there is a need and that the Red Cross chapter is the agency that should meet the need. Chapter food and nutrition programs are always directed by a volunteer committee of which at least one member is required to be professionally trained in the field. Professional assistance to chapters in these programs is not provided by the national organization.

The Red Cross nutritionist may be asked to help with the food and feeding aspects of disaster preparedness and relief operations; food costs, budgets, and nutrition problems of families of servicemen and veterans; emergency feeding; training for volunteers; preparing teaching aids on food and nutrition for Red Cross courses in Home Care of the Sick and Injured and Mother and Baby Care; developing food guides for blood donors; and counseling of staff on personal diet problems. The nutritionist also advises and assists Junior Red Cross and the office that works with the League of Red Cross societies and the International Red Cross on questions, problems, and projects relating to food, feeding, and nutrition.

The American National Red Cross has a vital interest in school lunch programs. As the agency legally responsible for providing emergency assistance to victims of natural disaster, it is actively engaged in promoting disaster preparedness for school lunch personnel in every community. While those engaged in the management, supervision, and operation of school lunch programs have the special competence and expert knowledge necessary for feeding, their efforts can be more fully effective and economical under the pressure of actual disaster (whether caused by nature or military action) if there has been some predisaster planning and training in the methods of disaster feeding. In cooperation with the Federal Civil Defense Administration, Red Cross offers a training program in emergency mass feeding for school lunch and other community food and nutrition workers.

FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

The Food and Agriculture Organization is the international agency concerned with food and agriculture. It was formally founded in 1945 with 42 member countries, and now has 77 members. The FAO Conference, which is held every 2 years and in which each member nation has one vote, is the governing body of the Organization. FAO is thus an association of sovereign governments and functions only through these member governments. Headquarters office is in Rome, Italy, and there are regional offices in Washington, D. C.; Cairo, Egypt; Bangkok, Thailand; Santiago, Chile; Rio de Janeiro, Brazil; and Mexico City, Mexico.

The aims of the Organization are: To raise levels of nutrition and standards of living, to secure improvement in the efficiency of production and distribution of all food and agricultural products, and to better the conditions of rural populations.

Technical activities cover the following fields: Agriculture, Economics, Fisheries, Forestry, and Nutrition.

Work of the Nutrition Division covers a wide field. It includes studies of food consumption at the national level by means of the food balance sheet technique, studies of the food consumption of population groups within a country by means of diet surveys, and assessment of physiological requirements for calories and other nutrients. This information is used in the establishment of national food supply targets based on nutritional principles, and in nutrition education and supplementary feeding programs. Food technology is another important activity of the division. Countries are assisted to make the best use of their available food supplies by the application of suitable food processing techniques.

FAO home economists and nutritionists are working in a number of countries. Activities include the organization of school feeding programs and the planning of nutrition education programs. FAO also helps to develop home

economics programs in primary and secondary schools and to establish home economics departments at college level. Sometimes it organizes training courses in home economics for teachers, social workers, and others concerned with community development. The Regional Nutrition Officer of the North America Regional Office acts as a liaison between FAO and U. S. agencies with programs in nutrition and home economics. She supplies these agencies with information on the activities of FAO at Headquarters and in member countries, as well as keeping FAO informed on programs in the United States.

In cooperation with the Foreign Training Division of the Foreign Agricultural Service of the USDA, she also helps plan the program of visitors from foreign countries, if their interests lie within the sphere of the Nutrition Division.

